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ABSTRACT

This book provides the motor development knowledge base and program planning procedures for developing the elementary physical education program. Part one is an overview of the motor development knowledge base and includes chapters on growth, how exercise affects children, motor skill development, how children learn motor skills, and psychosocial factors and children's movement. Part two describes developing an elementary physical education program using the information presented in part one. Part three presents ideas teachers can use to be more effective, including effective observation of children and teaching, a plan for developing facilities and equipment, and ways to evaluate a child's performance in physical education. References and a health education unit are appended. (JD)

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